



Hampton Mayor's Committee For People with Disabilities

NEWSLETTER



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Spring 2011

Jeanne E. Smith, Contributing Editor

Hear Ye! Hear Ye!

The Hampton Mayor's Committee will hold the first of 3 Town Meetings planned for 2011 on APRIL 12 at the Hampton Senior Center, 3501 Kecoughtan Rd. from 11:30 am until 12:30 pm. The Mayor's Committee is sponsoring these meetings to offer individuals an opportunity to learn more about the services and resources being offered to the disabled community of all ages here in Hampton.

The Guest Speaker at this first Town Meeting will be a representative of HRT and the focus will be on the services offered by Hampton Roads Transit for individuals with disabilities. There will be prizes, food and giveaways.

Two other Town meetings will be held, one during the summer and one in the Fall. We are planning to have the Summer meeting focusing on children with disabilities and the one in the Fall for seniors with disabilities. If you have suggestions for a specific subject not mentioned, please call Barbara Stewart at 728-2120.



Come join us for fun and information and the opportunity to learn more about services available in your community.

DID YOU KNOW...?

A READER QUESTION—Help! I am hearing impaired and the new cable providers captions disappear too quickly. What can I do?

Answer: You can fight for your TV. "If you see programs with captions that are missing, delayed, garbled or displayed too fast, please file a complaint with the FCC" says a spokesperson from the National Association of the Deaf.

Remember: the Telecommunications Act of 1996 demands English language programs provide *readable* captions. (Source: AARP magazine-Fall 2010)

DISABILITY ETIQUETTE MATTERS

*Excerpts from book
Disability Etiquette
Matters by Ellen
Shackelford &
Marguerite Edmonds*

The words we use can have a lasting effect on the person hearing them. By making our words edifying and uplifting, they then become words of acceptance and encouragement. When words are used in a negative way, they can be harmful and discouraging. It's like taking a label off a bottle—labels are easy to put on but hard to take off. Terminology/verbage plays a major role in how they can affect a person with a disability. The old saying, “sticks and stones will break my bones but names will never hurt me” (author unknown) is true, BUT negative words used over and over to minimize one's ABILITY, can be as toxic as pollutants in the air.

Using words to describe **something** are different than those used to refer to a person's physical, mental or emotional ability—*focus*

on the individual, not their disability, put the person FIRST, for their disability is irrelevant. Disability resulting in physical limitations, refers to a physical limitation which affects a person's ability to be mobile, without the use of a device to assist them. People with mobility impairments live full and productive lives, and want to be noticed for their abilities, not their disabilities. Having a disability is like making a detour when the road is blocked due to construction, you find an alternative way to get through by making it accessible for travel to the chosen route. People who use adaptive equipment have use of the equipment to assist them with functional mobility.

Everyone will not be politically correct all the time, but by initiating an effort to make yourself aware of the differences, it can be another step in the right direction to changing one of the major barriers

people with disabilities encounter daily—**attitudinal barriers.**

Editor's Note: Ms. Shackelford is an active member of the Hampton Mayor's Committee for People with Disabilities since 1998 and is Chair of the Accessibility sub-committee. Ms. Shackelford has sustained a disability through an accident caused injury. Marguerite Edmonds is a person who has sustained multiple disabilities as the result of a major stroke. They are both well aware of the many challenges people with disabilities face daily.

The book is available in paperback, hardback, and eBook formats. For more information interested parties may log on to www.Xlibris.com., write Xlibris, 1663 Liberty Drive, Suite 200, Bloomington, IN 47403 or call Xlibris Marketing Services: (888)795-4274 x.7879

PARTNERS IN POLICYMAKING

*By Barbara Dodd—Marketing Manager & Strategic Planning
Virginia Board for People with Disabilities (VBPD)*

Join 300+ Virginia Partners in Policymaking (PIP) alumni to make a difference every day!!!

Partners in Policymaking participants are people who live in Virginia, have a developmental disability or are parents of young children with developmental disabilities.

The 30 partner candidates selected for 2011-2012 will participate in eight two-day sessions from Friday afternoon to late Saturday afternoon, in Richmond, Virginia. Workshops feature state and national experts. Topics include the history of the disability movement, self-advocacy, independent living, supported employment, building inclusive communities, natural supports, legislative advocacy, assistive technology, communication, team building and MORE.

VBPD covers all expenses for participants' training, lodging, meals and travel.

For a complete schedule or to learn more, visit <http://bit.ly/gcmQX7> or download the application at <http://vaboard.org>

Get Rid of Your Old Computer: Recycle with The Arc

The Arc's innovative computer recycling program helps you get rid of your old computer equipment while creating jobs for individuals with developmental disabilities. People employed in The Arc's thriving on-site work center disassemble the computers while getting paid for the work they do. The computer components are shipped to facilities that reintroduce them into the production stream or melt them down to be reused. The Arc only works with reputable vendors to ensure all materials are disposed of in an environmentally-friendly way.

You can feel safe recycling your equipment with The Arc. The Arc has a state-of-the-art degaussing machine that completely removes all data from every computer's hard drive, protecting your personal information. We are happy to provide certificates of destruction upon request.

We accept large quantities and encourage businesses to recycle their unwanted computers with The Arc. Some nominal fees are associated with this program. For more information, contact recycle@arcvap.org or call (757) 896-6470.



NEWS TO USE – 311 ONE CALL DOES IT ALL

Disposing of batteries, TV's & Computers



Regular household batteries can be placed in your green garbage containers while computers and TV's can be left curbside for your regular bulk collection. TVs and Monitors must be in a box or have the glass duck-taped to prevent breakage during collection—place taped side to street so the driver can see that it is taped.

However, putting more items in the landfill should not be the last alternative. To avoid having to throw batteries in the trash, you can purchase rechargeable batteries. Batteries and computer equipment can be taken to the 2011 Household Chemical Collection which kicks off in March. Open to all residents of Hampton, James City County, Poquoson, Williamsburg and York County. Hours of operation: 8:00 AM to 12:00 PM—March 19, May 21, July 16, September 17, November 19

LOCATION: Public Works Operations Yard, 419 N. Armistead Ave.

If Hampton residents are not able to attend one of these dates, they may take their items to one of the collections scheduled in one of the other localities. Contact VPPSA for more information, 757-259-9850



MESSAGE FROM THE PAST

Written by Phil Everhart, Committee Chair from 1982 and 1983

“The Hampton Mayor’s Committee was established in August 1979, to meet the needs of the City’s handicapped and to make life a more meaningful and productive for the handicapped citizens. It is going to take the concentrated effort of the Mayor’s Committee and the assistance of YOU, the reader, to accomplish these tasks. There are several ways that you may assist. First, you can volunteer to serve on one of our sub-committees. Second, and most important, you can make the Committee aware of situations in the community—buildings inaccessible, discrimination in employment and/or education, legislation which should be initiated or defeated, events which should be emphasized and contributions and the contributions of the handicapped.

Even though this article was written and published in the Spring of 1982- it holds true today. There is a lot of work to be done and we welcome your help, suggestions and interest. Why not come and meet the committee- our regular meetings are held the 2nd Thursday of each month (except July and December). We meet from 3:00 to 5:00 PM in the Hampton City Hall Council Chambers on the 8th floor of City Hall at 22 Lincoln St, Hampton.

AUTISM SPEAKS

By Judith Ursitti- Regional Director, State Advocacy Relations; Autism Speaks

It's truly an exciting time for families of Virginia who are personally affected by Autism. After more than a decade of effort, autism insurance reform legislation has passed by the General Assembly and is now on the way to Governor McDonnell for his signature. This is a huge victory that involved 11 years of effort.

The House gave overwhelming approval to the Bill that mandates some insurance plans cover treatment for children with Autism; covering children 2 to 6 years old with autism spectrum disorder. There are approximately 14,000 Autistic children in Virginia

The measure applies to employer group insurance plans at companies of greater than 50 employees. It limits benefits to \$35,000 a year for applied behavior analysis, a promising regimen for treating autistic children. To learn more about autism insurance reform effort in Virginia, visit www.autismvotes.org/Virginia or advocacy@autismspeaks.org

Disability.gov: connecting the Disability Community to Information and opportunities.

This website provides quick and easy access to comprehensive information about disability-related programs, services, laws and benefits.

Through the site, individuals with disabilities and others are connected to thousands of resources from federal, state and local government agencies, educational institutions and nonprofit organizations. New resources are added daily.

The mission of the website is to connect people with disabilities, their family members, Veterans, caregivers, employers, service providers and other with the resources they need to ensure that people of all abilities can fully participate in the workplace and in their communities.



SETTLEMENTS ON CHARGES OF DISABILITY DISCRIMINATION. Information about recent settlements on charges of disability discrimination brought by the Department of Justice, Housing & Urban Development, and the U.S. Equal Opportunity Commission visit <http://www.disability.gov/civilrights/laws>.

Disability.gov is managed by the U.S. Department of Labor Office of Disability Employment Policy (ODEP) in partnership with 21 other federal Agencies. For more information: <http://www.disability.gov/aboutus>

VIRGINIA 2-1-1 GET CONNECTED. GET ANSWERS.



2-1-1 is an easy to remember phone number connecting people with free information on available community services. When you dial 2-1-1, a trained professional listens to your situation and suggests sources of help using one of the largest data bases of health and human services in Virginia.

2-1-1 Virginia provides access to services in your community and statewide. All referrals are confidential and you can search for these services on this 2-1-1 Web site.

Government, nonprofit, community-based agency, and business that provide health and human services to the citizens of Virginia are encouraged to list their services. To list your agency, follow the “[Update/Add Your Agency](#)” directions on the home page.

2-1-1 Virginia is a service of the Virginia Department of Social Services provided in partnership with the Council of Community Services, the Family Resource and Referral Center, Crisis link, The Planning Council, the United Way of Central Virginia and the United Way of Greater Richmond and Petersburg.

Dial 211 toll free for services in Virginia

Hearing impaired users—dial 711 for Virginia Relay, then dial 211.

Videophone users dial 1-800-230-6977

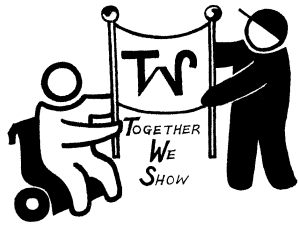


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Thought For The Day

*Hold fast to dreams, for if dreams die,
Life is a broken winged bird that cannot fly.*

— Author unknown



Together We Show (TwS)

Tel. (757) 927-9294

TogetherWeShow@gmail.com

www.TogetherWeShow.org

Talented Performers Needed!!!

*TWS is hosting its First all Inclusive Event:

Autism Awareness Concert

On Saturday, April 30th, 3 PM at Yorkminster Presbyterian Church

6218 George Washington Memorial Highway, Yorktown

If you are a ***solo musician or a performing band/trio/ensemble***, who wants great exposure for your talents while participating in a unique event for a great cause, please let us know. We have the perfect stage for you to showcase your talents amongst many other gifted performers.

This Concert will be in a ***recital format***, & presented by many performers, some who have disabilities and some who have no disability.

This concert is to truly showcase how we all are more similar than different regardless of our disabilities or non-disability as we celebrate the gift of togetherness in our community through **Inclusive Event**.

***TwS...what we are all about:**

In an effort to raise an awareness of the ***positive perception for people with disabilities***, our mission is to help people with disabilities ***be recognized as the contributing citizens and the fellow humans*** by showcasing their talents together with people without disabilities through fun and meaningful events. TwS dedicates its efforts to realize the true meaning of **Community Inclusion** as we celebrate the gift of togetherness through **Inclusive Events**.

Feel free to phone or email us for more information.

Mayor's Committee for People with Disabilities
City of Hampton
22 Lincoln St.
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This is your newsletter!

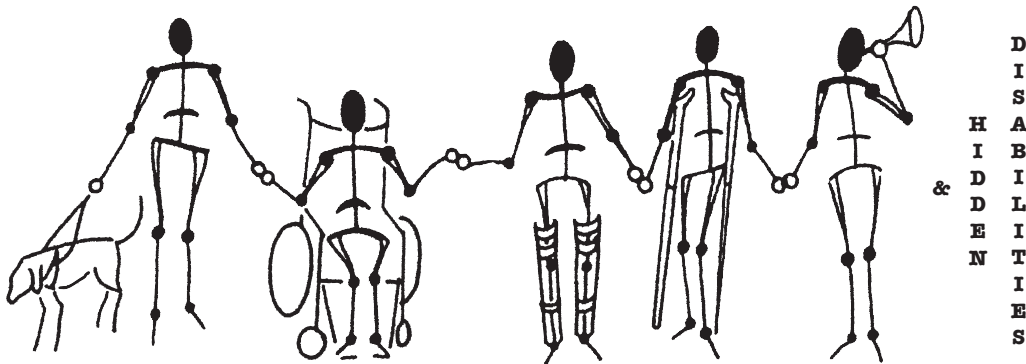
This newsletter was established to serve the disabled population and to enhance public awareness by publishing interesting and informative articles that will specifically address the needs and interests of the disabled. We welcome your comments and suggestions concerning future articles. We reserve the right to edit all articles. We are not afraid of offering controversial views for the benefit of our readers. Consequently, views and interests presented will not necessarily be the opinions of the editors or of the members of the Mayor's Committee for People with Disabilities.

*Our thanks to the Hampton City Council
for making these newsletters possible.*

**If you receive more than
one newsletter, please pass
the extra copy to a friend!**

*This Newsletter is designed and printed
at Sir Speedy in Hampton, VA*

Dear readers – as we try to make the most efficient use of the monies budgeted to us from the City of Hampton, in 2011 we will be publishing 3 issues---Winter, Spring and Fall. And those of you who have access to the Internet, you can read our current Newsletter and those of the past 6 years on the www.Hampton.Va.Us. Website—then type “disabilities” in the search box. We are looking into the possibility of emailing the newsletter, BUT, at this point in time, we are NOT able to do so. We'll let you know when that is a reality. Comments, suggestions, questions are always welcome—email me at mmjeannes@cox.net or write to the above address.



If we all work together, we can win the battle.